

# ANDOVER ELDER SERVICES

The Senior Center at Punchard



## 2018 - NEWS & VIEWS

### HOURS OF OPERATION

Monday, Tuesday,  
Wednesday & Friday  
8 - 4 p.m.

Thursday: 8 - 8 p.m.



### SOCIAL MEDIA

@AndoverSeniorCenter

### CONTACT INFORMATION

Phone #: 978-623-8320

Information Line: 978-623-8302

Physical Address:  
30 Whittier Ct. Andover, MA 01810

Mailing Address:  
36 Bartlet St. Andover, MA 01810

Email: [seniorcenter@andoverma.gov](mailto:seniorcenter@andoverma.gov)

Website:  
[www.andoverma.gov/seniorcenter](http://www.andoverma.gov/seniorcenter)

### LETTER FROM

### THE DIRECTOR OF ELDER SERVICES

Happy Holidays!!!!

During this holiday season, I want to extend a heartfelt greeting as we celebrate our traditions. The past few months have challenged us to endure some trying times, and through it all, we have become a stronger community. I wish to express gratitude to our entire circle of residents. We appreciate your donations, volunteerism and kindness. As we celebrate during the month of December, please know we are here to support and rejoice with you. From all of us here at the Andover Senior Center we wish you laughter, love and the seasons of giving.

With deep gratitude,

Annmary Connor, LICSW



### MISSION STATEMENT

To provide individuals, regardless of background, the opportunity to seek and readily find fulfillment and growth through programs and services that nurture mind, body and spirit.

## Monthly Events & Programs

### **Art Class-Holiday Glassware Painting**

Looking for that perfect holiday gift? Hand-painted ornaments & bottles make delightful gifts for family & friends! Beginners are welcome, all materials are provided, come & create your own masterpiece!

*Wednesday, December 19th | 1 pm | Cost: \$5 | Must register to attend, space is limited*

### **Bereavement Support Group**

This group is designed to provide individuals help coping with the loss of a loved one. Typically it is held on the 1st Thursday of every month; however, the group will not be meeting in December & will resume in January.

*Thursday, January 3rd | 1:30 pm | Cost: FREE | Must register to attend by calling Lois Marra of Home Health VNA Hospice at (978) 552-4537, leave a message with your name & number & she will return your call*

### **Book Club**

This group meets on the last Thursday of every month to discuss the books that they read.

*Thursday, December 27th | 1:30 pm | Cost: FREE | Must register*

### **Brown Bag**

Individuals must be 60+, with an income less than \$21,978 for a single person or less than \$29,637 for a couple, or on Mass Health, food stamps or another public benefit. Eligible participants receive a grocery bag of perishable & non-perishable food items. Typically, brown bags are distributed on the 4th Tuesday of the month; however, bags will be distributed in December on the 2nd Tuesday due to the holidays.

*Tuesday, December 11th | 9:00 am | Cost: FREE | Individuals who meet the requirements/ want to participate must complete an application with a staff member*

### **Caregiver Support Group**

This is a new support group being offered, held on the 3rd Monday of every month. It is an opportunity for caregivers to sit with other caregivers to discuss the challenges associated with their roles while providing resources & support to each other.

*Monday, December 17th | 1 pm | Cost: FREE | Must register to attend*

### **CAAA Holiday Concert**

The Chinese American Association of the Andovers will be putting on a complimentary concert for seniors in the community. Come hear some very talented student musicians perform a variety of songs.

*Friday, December 14th | 7-9pm | Cost: FREE | Must register to attend*

### **COA Board Meeting**

Held on the 2nd Thursday of every month, all are welcome to attend!

*Thursday, December 13th | 8:30 am*

### **Community Acupuncture**

We are fortunate that Acupuncturist, Dave Eyerman is now coming to the Senior Center to provide people with this holistic treatment that can help with an array of ailments including but not limited to stress relief & chronic pain.

*Fridays, December 14th & 28th | 1-3 pm | Cost: \$20 per person | Must make an appointment*

### **Computer Users Group**

This group meets at Memorial Hall Library (MHL), participants who attend are able to learn a variety of computer related skills.

*Monday, December 10th | 1:30 pm | Cost: FREE | Must register to attend*

### **Delta the Dog**

Certified therapy dog Delta & her owner Beth come to socialize & walk with anyone at the ASC who is interested.

*Fridays, December 14th, 21st & 28th | 10 am | Cost: FREE*

### **Embracing the Emotions of An Alzheimer's Patient**

Join this informative & supportive discussion covering the challenging, fragile & heroic world THEY live in. Presenter Mal Allard, Director of Memory Care at Peregrine Senior Landing is an accomplished educator & speaker of Alzheimer's & Dementia Care. Light refreshments will be served.

*Tuesday, December 11th | 2 pm | Cost: FREE | Must register to attend*

### **Fix It Shop**

Bring your lamps (new cords & sockets), small appliances, chairs, small tables & any other small project & this group will try to fix it!

*Monday, December 10th | 1-3 pm | Cost: \$4 plus parts for seniors (ID required), \$10 plus parts for non-seniors/non-residents, \$2 diagnostics fee | Individuals are seen on a 1st come 1st served basis*

### **Flower Therapy Workshop**

The Power of Flowers Project (POFP) is an organization dedicated to bringing joy to others one flower at a time! Volunteers rescue and refresh gently used flowers donated from weddings, banquets, memorial services, etc. to create beautiful bouquets that are sent to nursing homes, assisted living facilities, senior centers, etc. Volunteers also conduct Flower Therapy Workshops (FTW) throughout the community, which promote fine motor skills, engage the senses & create a positive social setting. Flowers & supplies are provided & all participants will feel accomplished when they get to take their bouquets home to enjoy!

*Tuesday, December 4th | 11 am | Cost: \$8 | Must register to attend, space is limited*

### **Foot Care**

A nurse from Foot Care Focus comes to help individuals who are experiencing issues with their feet (i.e. cutting toe nails, calluses, etc.) For homebound residents interested in this service call & ask for Kristine Arakelian. A grant from the Andover Home for the Aged subsidizes this program.

*Wednesdays, December 5th & 19th | 9-12 pm | Cost: \$10 | Must call to make an appointment*

### **Forty Five's**

If you are familiar with how to play this card game & would like to meet some new people come down to the Senior Center on Friday afternoons at 1 pm to join a few people who would like to start playing with a group on a weekly basis.

## Monthly Events & Programs

### Fuel Assistance

A representative from the Greater Lawrence Community Action Council (GLCAC) is coming to help people complete their application for fuel assistance. Aid is available to pay a portion of winter heating bills for the primary heat source. Payments are made directly to the fuel provider. Applies only to oil, propane, coal, wood, gas, kerosene and electric. Aid may be available even if your rent includes heat or you live in subsidized housing. This is a great resource that many households will be able to benefit from!

*Fridays, December 21st, January 18th & February 1st | 9-12 pm | Cost: FREE | Must make an appointment to attend*

### Happy Birthday to You!

Sign up for this fun congregate lunch with entertainment (provided courtesy of the FRIENDS), cake & a raffle for participants whose birthdays are in December. It does not have to be your birthday month to attend, the more the merrier!

*Friday, December 21st | 11:45 a.m. | Cost: Suggested donation of \$2.50 | Must register*

### Hearing Aide Cleanings & Checks

Wendy Ring, Audiologist has started coming on the 1st Tuesday of every month to complete hearing aide checks & cleanings. *Tuesday, December 4th | 9:30-10:30 am | Individuals are seen on a first come first served basis*

### A NEW APPROACH TO ENHANCED LIVING AND MEMORY SUPPORT



*The Woodlands Inn at Edgewood* in North Andover provides innovative, homelike neighborhoods for both Memory Support and Enhanced Living — our unique take on Assisted Living. Here, residents enjoy their own master suite centered around a welcoming hearth and family room, bright open kitchen and dining area, as well as access to a wide array of activities and amenities.

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### **Holiday Fair**

Come to this annual event to browse & purchase crafts, plants, baked goods, jewelry, household items & much more! Santa will be available to take pictures with, there will be some outside vendors & awesome raffle prizes! All proceeds from this event go towards programming at the ASC!  
*Friday, December 7th | 9-7 pm | Share this information with your family & friends!*

### **Holiday Happenings-Light Up the Night!**

The Town of Andover will be hosting this annual event offering Fireworks, Tree Lighting, Horse Drawn Carriages, Photos With Santa, Roaming Railroad, Carnival Rides, Live Music & Performances (including the Senior Centers own Sunset Tap Group), Kids Activities, Craft Fair (at the Senior Center!) & Food Trucks! Activities will take place at Old Town Hall, The Park & Downtown Andover. Stores will also be staying open late!

*Friday, December 7th | 4-8 pm |*

### **Holiday Luncheon**

Sign up for this annual event to enjoy a delicious meal put on by Frank & his kitchen staff!  
*Thursday, December 13th | 12 pm | Cost: \$7 | Tickets must be purchased at the front desk*

### **Holiday Performance**

The Sunrise Singers will be performing Christmas Carols & other popular holiday songs. It will be a fun, festive activity that will help you to get in the holiday spirit!

*Monday, December, 17th | 11 am | Cost: FREE | Must register to attend*

### **Men's Outdoor Adventure Group**

This group meets at the Center at 9 am then they head out together to hike various locations.

*Wednesday, December 12th | Cost: FREE | Must register to attend*

### **Memory Café**

This activity is always held on the 4th Monday of every month, providing a supportive environment for those experiencing some type of cognitive impairment. *Monday, December 17th | 1:00 p.m.*

*Cost: FREE | Contact Aimee Cicarello to attend*

### **Neighbors In Need Food Pantry**

The ASC collaborates with Neighbors in Need to operate a weekly food pantry for anyone who needs food. *Thursdays, December 6th, 13th, 20th & 27th | 4-5 pm | Cost: FREE | Must fill out an intake form on your 1st visit to the pantry, then anytime you visit after that you just need to sign in*

### **Pain Management Support Group**

This intimate and confidential group meets on the 2nd Monday of every month is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Be sure to call to register. Facilitator: Gerry Rainville, RN, MSN | *Monday, December 11th | 1:30 p.m. | Cost: FREE Must register to attend*

### **Parkinson's Support Group**

Held on the 2nd Thursday of every month. In December Jennifer Onorato, Acadia Pharmaceutical Rep will be discussing "Parkinson's Disease-More Than Motor Symptoms."

*Thursday, December 13th | 1:30 pm | Cost: FREE | To attend contact Kristine Havemeyer*

## Monthly Events & Programs

### Public Informational Meetings

Come learn about the exciting rehab that the ASC is embarking on & ask any questions that you might have!

*Wednesday, December 12th, 11am at ASC*

### Reflexology

An alternative medicine involving application of pressure to the feet with specific thumb, finger & hand techniques. *Thursdays | 6-8 p.m. | Cost: \$1 per minute, 30 minute minimum & 90 minute maximum | Must call to make an appointment*

### SHINE (Serving Health Information Needs of Everyone)

This confidential counseling service helps individuals understand their Medicare insurance benefits & other health insurance options. *To see our SHINE Counselor you must call to make an appointment | Cost: FREE*

### Story Hour at the Senior Center

Through a new endeavor the Children's Room at Memorial Hall Library & the ASC have partnered to host a monthly story hour for children 5 years old & under. Each month there will be a variety of books, songs, crafts & other activities. Elders are welcome to join to assist &/or participate & to interact with the children.

*Monday, December 31st | 10 a.m. | Cost: FREE | Must register to attend*

### Support Sessions-Are You Struggling With Feelings & Reactions to the Gas Crisis?

Waheeda Saif, LMHC, Program Coordinator for Riverside Trauma Center is facilitating a gathering for Andover area residents to share their experiences & reactions in a safe, supportive & respectful space. While it has now been a couple of months since the event, we know that some people continue to struggle with their reactions. The session will be an opportunity to: Discuss what happened, Talk about your reactions to the event, Work with a mental health clinician to identify healthy coping strategies that you can use to move forward & get information about additional Supportive resources.

*Friday, December 21st | 1 pm | Cost: FREE | Registration is not required, everyone is welcome!*

### Technology at the Center

We have laptops that are available for individuals to use when they come to the Center. The laptops can connect to the internet & can be used for an hour at a time. If you are interested in utilizing this new resource just see the front desk.

### Trauma Intervention Program of the Merrimack Valley (TIP)

TIP is a group of specially trained volunteers who provide emotional first aid & practical support to victims of traumatic events & their families in the first few hours following a tragedy. They are called by police & fire in Andover, North Andover & Methuen as well as local hospitals. This program is looking to recruit new volunteers & will be speaking at the center to see if anyone might be interested in getting involved with them.

*Friday, December 14th | 11 am | Cost: FREE | Must register to attend*



### Triad Meeting & Presentation

Meetings held on the 2nd Thursday of the month. *Thursday, December 13th | 10 am*  
 Presentation on the 2nd Friday of the month. *Friday, December 14th | 10 am*

### Veterans Service Office

Outreach Services - Randy Carter, Northeast Veterans Outreach Center  
 randy.carter@andoverma.us | Tuesdays, October 2nd, 9th, 16th 23rd & 30th & Thursdays, October 4th, 11th, 18th & 25th | 9 – 1 p.m.

Ch115 and Benefit Assistance- Sue Magner, Director of Veterans Services Town of N.Reading  
 susan.magner@andoverma.us | Fridays | 1:30-4:30 p.m.

Ch115 Benefits & General Services- Christine Barraford, Office Assistant  
 christine.barraford@andoverma.gov | office located on the 3<sup>rd</sup> Floor | 978-623-8915

### Women's Outdoor Adventure Group (WOAG)

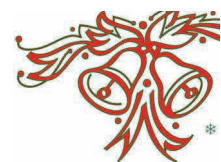
This group is taking a short hiatus over the winter to revamp & reorganize, more information regarding when the group will resume & where they will be hiking in the spring will be provided in future newsletters.

### Please note, the ASC will be closed for classes, groups & activities on:

- \* **Thursday, December 6th-** *Holiday Fair Set Up*
- \* **Friday, December 7th-** *Holiday Fair 9am-7pm*
- \* **Monday, December 24th after 12 pm-** *Christmas Eve*
- \* **Tuesday, December 25th-** *Christmas Day*
- \* **Monday, December 31st after 12 pm-** *New Years Eve*
- \* **Tuesday, January 1st-***New Years Day*

### Tickets Being Sold at the Front Desk

- **Evergreens, Holly & Joy-A tour of Andover Homes in Holiday Dress**  
*Saturday, December 8th | 10-4 pm | Cost: \$30*
- **Holiday Luncheon**  
*Thursday, December 13th | 12 pm | Cost: \$7*
- **The Crystal Ballroom Holiday Ball**  
*Sunday, December 9th | 6-10 pm | Cost: \$15 pp & \$25 per couple*



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9- Sunrise Singers - Woodcarving - Quilting <b>10-</b> Massage (by appointment) <b>10:15-</b> Rhythm-'Aires <b>12-Lunch- Stuffed Haddock</b> 1- ESL (off site) - Yoga for All -Fix It Shop <b>1:30-</b> Computer Users Group (MHL) - Pain Support Group	<b>4</b> 8- Men/Wom in Motion 9- Strengthen & Stride <b>9:30-</b> Hearing Aide 10-The Write Stuff <b>10:15-</b> Sit & Get Fit <b>10:30-</b> Yoga Beginner 11-Flower Therapy <b>12- Lunch-Baked Chicken</b> <b>12:30-</b> Mahjong 1-Bridge <b>1:10-</b> Tai Chi Beginner <b>2-</b> Breath, Balance & Body -Line Dancing 3-Zumba	<b>5</b> 8 & 8:45-Strength Training 9- Model Building Club -Foot Care <b>9:30-</b> Basic Tap -Comfort Crit <b>10-</b> Fiber Arts- Grocery Shop <b>12-Lunch-Hot Dog</b> <b>12:45-</b> Perf Tap (off site) 1- Knit Wits - Fun & Games -Yoga Advanced Beginner <b>2- Wellness Clinic</b>	<b>6</b> Center Closed for Holiday Fair Setup	<b>7</b> Holiday Fair 9am-7pm  Holiday Happenings 4pm-8pm
<b>10</b> 9- Sunrise Singers - Woodcarving - Quilting <b>10-</b> Massage (by appointment) <b>10:15-</b> Rhythm-'Aires <b>12-Lunch-Sauteed Chicken</b> 1- ESL (off site) -Yoga for All -Fix It Shop <b>1:30-</b> Computer Users Group (MHL) - Pain Support Group	<b>11</b> 8- Men/Women in Motion 9- Strengthen & Stride -Brown Bag <b>10-The Write Stuff</b> <b>10:15-</b> Sit & Get Fit <b>10:30-</b> Yoga Beginner <b>12- Lunch-Meatloaf</b> <b>12:30-</b> Mahjong 1-Bridge <b>1:10-</b> Tai Chi Beginner <b>2-</b> Breath, Balance & Body -Line Dancing -Emotions Pres <b>3-Zumba</b>	<b>12</b> 8 & 8:45-Strength Train 9- Model Building Club -Mens Outdoor Adventure <b>9:30-</b> Basic Tap -Comfort Critters <b>10-</b> Fiber Arts -Grocery Shop <b>12- Lunch-Chicken Piccata</b> <b>12:45-</b> Perf Tap (off site) 1- Knit Wits - Fun & Games -Yoga Advanced Beginner <b>2-Wellness Clinic</b>	<b>13</b> No morning classes, programs or activities  12-Holiday Luncheon  <b>3:30-</b> Energize w/ Exercise <b>4-</b> Neighbors In Need <b>6-Belly Dancing</b> <b>6:30-</b> Table Tennis <b>7:15-</b> Serenity Yoga	<b>14</b> 8 & 8:45-StrengthTrain 10-Delta the Dog <b>10:15-</b> Sit & Get Fit <b>11-TIP Presentation</b> <b>11:45-Lunch-Baked Stuffed Haddock</b> 1- Fun & Games - ESL -Social Drop In Bridge -Community Acupuncture <b>2-</b> Ping Pong & Dancing <b>3-</b> Mindfulness Meditation <b>7-</b> CAA Holiday Concert
<b>17</b> 9- Sunrise Singers -Woodcarving - Quilting -Fun Bus Trip <b>9:30-</b> Meet the Lawyer <b>10-</b> Massage (by appointment) -Public Informational Meeting <b>10:15-</b> Rhythm-'Aires <b>11-</b> Holiday Performance	<b>18</b> 8- Men/Women in Motion 9- Strengthen & Stride -Brown Bag <b>10-The Write Stuff -Harvest Festival Music Celebration</b> <b>10:15-</b> Sit & Get Fit <b>10:30-</b> Yoga Beginner <b>12- Lunch-Stuffed Chicken</b>	<b>19</b> 8 & 8:45-Strength Train 9- Model Building Club -Foot Care <b>9:30-</b> Basic Tap -Comfort Crit <b>10-</b> Fiber Arts -Grocery Shop <b>12-Lunch-Eggplant Parm</b> <b>12:45-</b> Perf Tap (off site) 1- Knit Wits -Fun & Games	<b>20</b> 8-Men/Wom in Motion 9- Strengthen & Stride -Open Studio Art <b>9:30-</b> Craft Corner <b>12-Lunch-Chicken Pesto</b> 1- Fun & Games -Dup Bridge <b>1:10-</b> Tai Chi Intermediate <b>2:15-</b> Tai Chi Advanced Beg	<b>21</b> 8 & 8:45-StrengthTrain 9-Fuel Assistance <b>10-Delta the Dog</b> <b>10:15-</b> Sit & Get Fit <b>11:45- Birthday Lunch-Salmon w/Mango Chutney</b> 1- Fun & Games - ESL -Social Drop In Bridge



<b>12-Lunch-Am Chop Suey</b> <b>1-</b> ESL (off site) - Yoga for All <b>1:30-</b> Caregiver Support Group <b>7-</b> Public Informational Meeting (MHL)	<b>12:30–</b> Mahjong <b>1-</b> Social Bridge –Art Class <b>1:10-</b> Tai Chi Beginner <b>2-</b> Breath, Balance & Body -Line Dancing <b>3-</b> Zumba	-Yoga Advanced Beginner <b>2-</b> Wellness Clinic	<b>3:30–</b> Energize w/ Exercise <b>4-</b> Neighbors In Need <b>5:30–</b> Living Healthy Series <b>6-</b> Belly Dancing <b>6:30–</b> Table Tennis <b>7:15–</b> Serenity Yoga	-Support Session-Gas Crisis <b>2-</b> Ping Pong & Dancing <b>3-</b> Mindfulness Meditation <b>6:30–</b> Chinese American
<b>8:30-</b> State Senator <b>9-</b> Sunrise Singers - Woodcarving - Quilting <b>9:30-</b> Meet the Lawyer <b>10-</b> Massage (by appointment) -Story Hour <b>10:15-</b> Rhythm-'Aires <b>11-Lunch-Roast Pork</b> <b>12– Center closing for Christmas Eve</b>	<b>Center Closed for Christmas</b>		<b>8 &amp; 8:45-</b> Strength Train <b>9-</b> Model Building Club -Foot Care <b>9:30-</b> Basic Tap -Comfort Crit <b>10-</b> Fiber Arts -Grocery Shop <b>12-Lunch-Stuffed Shells</b> <b>12:45-</b> Perf Tap (off site) <b>1-</b> Knit Wits -Fun & Games -Yoga Advanced Beginner -Art Class	<b>8 &amp; 8:45-</b> Strength Train <b>10-</b> Delta the Dog -TRIAD Presentation <b>10:15-</b> Sit & Get Fit <b>12-Lunch-Baked Fish</b> <b>1-</b> Fun & Games - ESL - Social Drop In Bridge - Community Acupuncture <b>2-</b> Ping Pong & Dancing <b>3-</b> Mindfulness Meditation <b>6:30-</b> Chinese American
<b>9-</b> Sunrise Singers - Woodcarving - Quilting <b>9:30-</b> Meet the Lawyer <b>10-</b> Massage (by appointment) -Story Hour <b>10:15-</b> Rhythm-'Aires <b>11-Lunch-Roast Pork</b> <b>12– Center closing for New Years Eve</b>	<b>Center Closed for New Years Day</b>		<b>8:30–</b> Energize w/ Exercise <b>4-</b> Neighbors In Need <b>5:30–</b> Living Healthy Series <b>6-</b> Belly Dancing -Reflexology <b>6:30–</b> Table Tennis <b>7:15–</b> Serenity Yoga	<b>8 &amp; 8:45-</b> Strength Train <b>10-</b> Delta the Dog -TRIAD Presentation <b>10:15-</b> Sit & Get Fit <b>12-Lunch-Baked Fish</b> <b>1-</b> Fun & Games - ESL - Social Drop In Bridge - Community Acupuncture <b>2-</b> Ping Pong & Dancing <b>3-</b> Mindfulness Meditation <b>6:30-</b> Chinese American
<b>Menu Subject to Change Without Notice</b>		<b>Please call the day before if you wish to come to lunch</b>  <b>Suggested Donation \$3</b>  <b>Please Call in Advance if you have to cancel</b>		

**WINTER SESSION: NOV. 19, 2018 - FEB. 9, 2019**

***All classes are \$25, there are no makeup classes or punch cards!***

**Belly Dancing**

*Thursdays, November 29—February 7 (10 weeks) | 6 p.m. | Instructor: Maggie Class*

**Breath, Balance & Body**

*Tuesdays, | November 20—February 5 (10 classes) | 2 p.m. | Instructor: Pat Dumont*

**Energize with Exercise**

*Mondays | 3:30 p.m. November 19—February 4 (10 classes) | Instructor: Denise Boucher*

*Thursdays | 3:30 p.m. | November 29—February 7 (10 classes) | Instructor: Denise Boucher*

**Line Dancing**

*Tuesdays | 2:15 p.m. | November 20—February 5 (10 classes) | Instructor: Valerie Cagnina*

**Men & Women in Motion**

*Tuesdays, | 8 a.m. | November 20—February 5 (11 classes) | Instructor: Denise Boucher*

*Thursdays | 8 a.m. | November 29—February 7 (11 classes) | Instructor: Denise Boucher*

**Sit & Get Fit**

*Tuesdays | 10:15 a.m. | November 20—February 5 (10 classes) | Instructor: Denise Boucher*

*Fridays | 10:15 a.m. | November 30—February 8 (10 classes) | Instructor: Denise Boucher*

**Strengthen & Stride**

*Tuesdays 9 a.m. | November 20—February 5 (10 classes) | Instructor: Tracy Callahan*

*Thursdays, | 9 a.m. | November 29—February 7 (9 classes) | Instructor: Tracy Callahan*

**Strength Training**

*Wednesdays | 8 & 8:45 a.m. | November 21—February 6 (12 classes) | Instructor: Pat Dumont*

*Fridays | 8 & 8:45 a.m. November 30—February 1 (9 classes) | Instructor: Barbara Maguire*

**Tai Chi Beginner**

*Tuesdays | 1:10 p.m. | November 20—February 5 (10 classes) | Instructor: Meg Holmes*

**Tai Chi Advanced Beginner**

*Thursdays | 2:15 p.m. | November 29—February 7 (9 classes ) | Instructor: Meg Holmes*

**Tai Chi Intermediate**

*Thursdays | 1:10 p.m. | November 29—February 7 (9 classes) | Instructor: Meg Holmes*

**Tap Dancing Basic**

*Wednesdays, | 9:30 a.m. | November 21—February 6 (12 classes) | Instructor: Audrey Nason*

**Tap Dancing Performance**

*Wednesdays, | 12:45 p.m. | November 21—February 6 (12 classes) | Instructor: Audrey Nason*

**CONTINUED ON PAGE 14**



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**Chinese** 本中心的《英文月报》( **News & Views** ) 另附有《中文简讯》，而且都将分送到您的住处；您也可在本中心网站查阅，或者电邮给您。若需电邮，请把邮址传给Chris 女士，登记索要《中文简讯》，即

**Translation of above statement: We offer a brief summary of our monthly newsletter for you in Chinese. They will be distributed to housing & put on our web site; or if you would like them emailed to you please email Christine Marshall at Christine.marshall@andoverma.us**

### ESL Classes

*Mondays / 1 p.m. / Off-site at Frye Circle / Cost: FREE*

*Fridays / 1 p.m. / The Center / Cost: FREE*

### Friday Night Special: Chinese American

The Association of Andovers & Andover Elder Services are proud to host this evening at The Center with many fun ways to get involved through: Zumba, Yoga, Ping Pong & Games (board/card/Mah Jong) & other fun ways to get socially involved. All are welcome to attend! 安多福华人协会和 Elder Services of Town of Andover 很高兴在七月份联合举办星期五晚上的联谊活动。活动包括：Zumba，瑜伽，乒乓球，*Fridays / 6:30-9:30 p.m. / Cost: FREE*

### Chinese Socializing at The Center

*Saturdays, / 10am-11:45am / Cost: FREE*

## Inclement Weather Policy

When Andover town offices are closed or there is a state of emergency due to inclement weather Andover Senior Center will be closed. When the Andover Schools are closed due to heavy snowstorm or severe conditions, the senior center may be closed to programming. When closures occur every effort will be made to produce a voice connect call to update participants of the closures. You can also check our information line at 978-623-8302 for cancellations.

If bad weather develops during the day, the senior center may close, based on the towns emergency preparedness recommendation.





## The COA Board of Directors

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**Join the  
Andover Senior  
Community FRIENDS  
& support the  
Andover Senior Center!**

It is through the volunteerism and generosity of FRIENDS members that so many classes, programs & activities can be offered for free & at a reduced price!

### ASCF Meetings

**3rd Friday of every month at 10:30 AM**

**Website: [andoverscf.org](http://andoverscf.org)**



**The Andover Senior Community FRIENDS, Inc.  
PO Box 576 Andover, MA 01810**

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CITY: \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_  
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#### **MEMBERSHIP:**

Senior/Student \$10 \_\_\_\_\_ Individual \$15 \_\_\_\_\_ Premium \$30 \_\_\_\_\_ Patron \$50 \_\_\_\_\_  
Benefactor \$100 \_\_\_\_\_ Other \_\_\_\_\_

*Help the FRIENDS support the programs at the Center at Punchard. Come enjoy a trip or two. Check out all we do! The FRIENDS are a 501c3*

### **WINTER SESSION: NOV. 19, 2018 - FEB. 9, 2019**

***All classes are \$25, there are no makeup classes or punch cards!***

#### **Yoga Advanced Beginners**

*Wednesdays | 1 p.m. | November 21—February 6 (12 classes) | Instructor: Pat Dumont*

#### **Yoga For All**

*Mondays | 1:00 p.m. | November 19—February 4 (10 classes) | Instructor: Pat Dumont*

#### **Yoga for Beginners**

*Tuesdays | 10:30 a.m. | November 20—February 5 (8 classes) | Instructor: Pat Dumont*

#### **Serenity Yoga**

*Thursdays | 7:00 p.m. | November 29—February 7 (10 classes) | Instructor: Sheila Wescott*

#### **Zumba**

*Tuesdays | 3:00 p.m. | November 20—February 5 (11 classes) | Instructor: Valerie Cagnina*

### **How to Register for Classes, Programs, Groups & Activities**

#### **Online (with a computer)**

Must have been signed up at The Center and have a “MySeniorCenter” key tag, then to set up an account go to [www.MyActiveCenter.com](http://www.MyActiveCenter.com)

*Please note there are a few programs/events that cannot be registered for online.*

#### **Off-line (no computer)**

Contact The Center to set up an account, then you can register in person or over the phone. When registering over the phone, please have your “My Senior Center” swipe card number ready.

#### **Payment Options**

- Online with PayPal
- In person (cash, check or credit card)
- By mail (check)

#### **Cancellations**

If you register for a class & it is cancelled due to under-enrollment, weather, an instructor's absence, etc. you will be notified by The Center. If you do not register for a class but still attend it & it is cancelled, The Center will not have your information & be able to notify you.

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
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